

Guided Imagery (6)

Goodbye Cinderella Program
Samarkand Manor Youth Development Center

As you breathe in and breathe out.. you become more and more relaxed... You have new insight into yourself... You can say “no” when you are in doubt about a behavior... You can be firm... you have made up your mind... see yourself now being pressured to have sex... see yourself being assertive... being firm... saying what you mean... using some humor...this feels good... You are in charge of your life and only you will decide about important matters such as sex...You are responsible...You have many things to do before you have children...You can choose when ... you will choose when... This feels so good, so comfortable, and others admire your decision not to have sex... Imagine you are telling your best friend about your decision to say “no”... she admires you and you give her courage to say “no” also... You can take care of yourself and others... You have self-confidence...this feels so good...to be in charge of yourself see yourself walking down the street... head up... smiling... you are your own woman...you like yourself as you become the person you know you are...the person you want to be...

Begin to imagine pushing away all the things that would keep you from completing your special goals...You are free of past burdens... The things that have held you back no longer bother you... More and more you will see yourself as being sure of yourself...Knowing you will have the power and strength to do those things that are good for you...You feel at peace now... You want to begin right away to do those things you planned...You see an elevator and go in... the door closes and you feel yourself going up, up, up...You see the numbers of the floors as you pass... One... Two... Three... Four... Five... Six... Seven... Eight... Nine... Ten...Slowly open your eyes, stretch if you wish and now you are ready to meet life and all it's excitement. You are more refreshed, more alert, have more energy than ever before...

(THIS CONCLUDES THE FANTASY. DISCUSS BRIEFLY HOW GROUP MEMBERS FEEL ABOUT THE FANSTASY. ASSURE THEM THAT THEY WILL GET BETTER AT DOING THIS WITH PRACTICE. IF MEMBERS WISH TO TAPE THE FANTASY AS THE LEADER READS IT TO TAKE HOME AND PRACTICE, ENCOURAGE THEM TO DO SO.)